



1157 East Arrow Hwy Ste. 4, Glendora, CA

WEEKLY UPDATED BRIEFS

2020 SGVIE Intergroup Board Members

- Chair** Shelby V.
SGVIE.chair@gmail.com (626)272-6899
- Vice- Chair** Domingo
Sgvie.vicechair@gmail.com (562)587-7306
- Sub Committee under VP
- Facilities coordinator:** Rob C.
RV.Campbell@verizon.net (909)243-2911
- Secretary** Mary Jo P.
Maryjopalmer9250@gmail.com(909)559-3497
- Treasure** Janice B.
janiceonthego@outlook.com (951)237-3687
- Special Events** Andie G.
Butterfly0371@msn.com (909)706-9180
- 12 Step Within** Available
- Region 2 Rep.** Available
- Meeting Liaison** Carla C.
cmcambellkidz@gmail.com (626) 335 3355
- Literature** Available
- Briefs** Available
- Professional** Available
- Public Information** Available
- Website** Shelby V.
Sub Committee under Website
- Special Edition Briefs** Sandy M.
walkforyourself@yahoo.com (626)272-7708

OA Quick Steps Are you new to OA or just need help getting through the Steps?

Completing this two-part **OA Quick Steps Workshop** may be just the answer.

Dates: Saturday, August 8, 2020 and Saturday, August 22, 2020
Time: 9:00 am to 12:30 pm

Location
 These sessions will be on Zoom.

To register, contact Cecelia at 205-292-5242 or calaurie78@gmail.com. Registration is required as class size is limited. The zoom link will be sent to registrants.

You will need to have a sponsor or someone who can listen to your 5th Step.

There are no fees for this workshop, but we encourage a 7th Tradition donation to Unity Intergroup.

Time commitment is two Saturday sessions, plus homework. Expect to be very busy working on recovery for these weeks!

The purpose of this workshop is to get people through the 12 Steps quickly, to help people obtain a successful, life-long recovery, and aid in retention and growth of recovered compulsive eaters in OA.

One of the promises in the AA Big Book is that before you're done with Step Nine, the obsession is lifted. Increase your chance of success—join the OA Quick Steps series, get abtinent.

OA Group Inventory Use an entire meeting for an honest and fearless discussion of the group's weaknesses and strengths. This inventory is divided into two parts. Part 1 is an inventory of the group as a whole; Part 2 is a personal inventory of a member's behavior in the group.

Part One: Group Inventory

1. Does the meeting start and end on time?
2. Are all attending, including newcomers, greeted and made to feel welcome and accepted?
3. Does the meeting focus on OA recovery through the Twelve Steps and Twelve Traditions?
4. Do we offer our own experience, strength and hope, sharing the solution we have found?
5. Is the group contributing financially to all levels of OA service as per our Seventh Tradition?
6. Are sponsors available and identified at the meeting?
7. Does the group practice anonymity by reminding members not to repeat who is seen or what personal sharing is heard at a meeting?
8. Does the group follow a meeting format?
9. Is only OA-approved literature on display and for sale?
10. Are group conscience meetings held regularly?
11. Are all service positions filled, and is rotation of service practiced?
12. Is the meeting information readily available and the WSO informed of all meeting details and changes so that newcomers and visitors can find our meeting?
13. Are cross talk and advice-giving avoided (cont. on page 2)

The Orange County Intergroup of Overeaters Anonymous, Inc. presents the

36th Annual Women's SWEET SURRENDER RETREAT
 "SURRENDER LEADS TO SERENITY"
 Via Zoom

Give yourself the gift of the OA program for 1 full day of speakers, workshops, easy meditation, easy-does-it yoga, a talent/no talent show, and meaningful fellowship with other women who are walking the path of happy destiny!

Saturday, August 29, 2020
 Start time: 9am PDT, wrap up by 5pm PDT
 You provide your own lunch that we can eat together virtually!

Advance registration required: \$35 (suggested donation)
 Online registration and payment available at [oa.org/register](https://www.oa.org/register)

Information: Alice N. (949) 793-3332
 Email: alice@oacounty.org

To pay by check, please provide the following information:
 Name _____
 Title _____
 Street _____
 City _____
 State _____
 Zip _____

Check payable to: OOI, Inc. "Retreat" in the memo line, and mail to: OOOO, 9015 E. 17th St. Suite 302, Santa Ana, CA 92705.

Event details will be provided two weeks before the day-long retreat.

7th Tradition

You can donate your 7th tradition online to SGVIE by using our donate button below.

Sample:



You can donate by [Zelle](#) to Treasurer.sgvie@gmail.com or (951) 295-0709.

You can also send a check by mail.
1157 East Arrow Highway
Glendora, Ca 91740

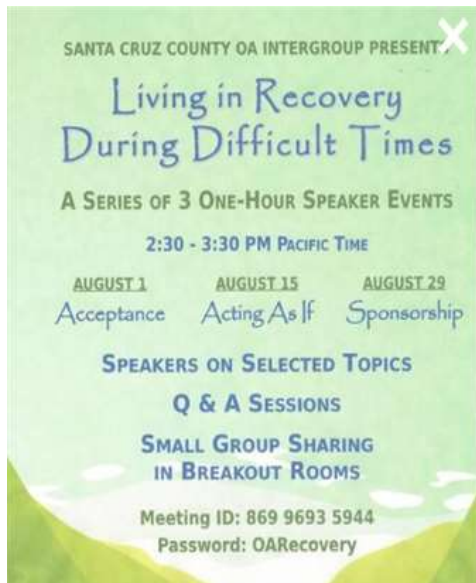
Please make the check out to OA SGVIE.

Check out our [Webs Contribution Page](#).

(Cont. from page 1)

Part Two: Determine your part in the group

1. Do I make a point to welcome new members, talk with them, offer my phone number? Do I sponsor new members?
2. Do I interrupt speakers or other members who are sharing?
3. Do I give my full attention to the speakers, the secretary and other group members?
4. Do I ever repeat anything personal I have heard at meetings or from another member?
5. Do I put pressure on the group to accept my ideas because I have been in the Fellowship a long time?
6. Do I take part in meetings, or do I sit and listen?
7. Do I volunteer or willingly accept a group office (i.e., secretary, treasurer)? Do I offer to help set up, clean, etc.?
8. Do I criticize others in the group or gossip about them?
9. Do I try to give advice?
10. Is it difficult for me to realize that my point of view may not always be the Group conscience? Can I accept disagreement?
11. Do I use the telephone to help myself and others, not just for complaints and gossip?
12. Do I make it a point to speak with newcomers who are having a difficult time in the program? Do I let them know they are welcome?
13. Do I monopolize the conversation and explain every tool, Tradition, etc.?
14. Do I feel no one can lead a meeting as well as can?
15. Do I go to meetings to learn instead of teach?
16. Do I cross-talk and cause meetings to go off on tangents?
17. Do I wait until announcement time to make proper OA announcements?
18. Do I have a topic so everyone can participate at meetings I chair?
19. Do I try to cause dissension?
20. Do I follow the meeting format completely?
21. Do I commit myself to the OA program?
22. Do I have a sponsor and work the Steps?
23. Do I give service promote group growth and benefit my own growth as well?
24. Am I only interested in my own welfare, or am I concerned for my fellow OA members as well?



We need your meetings voice to be heard at the Board Mtg. each month. This is a great way to get new information to your meeting. You can trade off with different members each month if needed. SGVIE Intergroup (#09009) meets: **On the second Saturday** of each month at 9:45 am. Right after the 8:15 am mtg.

Join Zoom Meeting

Meeting ID: 825 944 5125

Password: 2020



THINK about being of SERVICE!!!

It is a simple commitment. Only 2hrs.out of your month.

You attend meeting taking notes and take information back to share with your meeting.

SGVIE
(San Gabriel Valley Inland Empire Intergroup
BOARD ELECTIONS OCTOBER 10, 2020

We have between 7-9 openings for the board this year.
The SGVIE board consist of 12 members.



- Elections will take place at the Board meeting, member running needs to be present to be elected.
- Elections will take place in October but the position does not begin until January 2021.
- Join our board meeting and see where you think you will best be of service.
- Next week we will have more information on the election

Workshop presented by our own SGVIE Intergroup. Please help support this event skip the \$5.00 cup of coffee to pay for this event it should be fun.

Zoom OA Recovery with Mindfulness Meditation

By Popular Demand
Sunday September 27, 2020
From 1:00 p.m. to 4 p.m. (pst)

Sponsored by OA SGVIE Intergroup
1157 East Arrow Highway Suite #4
Glendora, CA, 91740
CONTACT: Andie 909-706-9180



*Cultivate calm mind, wise heart, ease and well-being.
Increase emotional regulation, decrease reactivity, improve
focus and attentional skills, have greater calm and ease.*

Join Zoom Meeting:

<https://us04web.zoom.us/j/8259445125?pwd=ukT1B9LHN8>

OR CALL 408-638-0968

Meeting ID: 825 944 5125 Password: 2020

Suggested donation is \$10.00 for the event. Pay on-line use Zelle or
PayPal at <https://www.oasgvie.org/>

Back by popular demand, please support our second event which is \$10.00

Meeting Directory (SGVIE) Intergroup of OA

Sundays 8:15-9:30 am	Glendora	Attitude Adjustment <i>ZOOM MEETING</i> Call in at (408)638-0968 Meeting ID: 825 944 5125# or go to zoom.us/join and use ID: 825 944 5125 Password: 2020	Linda Z: 626-422-6684	23893	LS OP NC	Open
6:00-7:00 pm	Glendora	Big Book <i>PHONE MEETING</i> : Call in at (605)313-6196 Access Code: 435255#	Georga: 626-336-3461	00492	BB Study	Open
7:30-8:30 pm	Glendora	Men's <i>PHONE MEETING</i> : Call in at (605)313-6196 Access Code: 435255#	Darryl: 626-858-2864	24353	OP MS	Open
Mondays 7:00-8:00 am	Glendora	Attitude Adjustment <i>ZOOM MEETING</i> Call in at (408)638-0968 Meeting ID: 225 079 494# or go to zoom.us/join ID 225 079 494 Password: 543210	Stan: 626-622-5369	23869	OP NC	Open
10:00-11:00 am	Claremont	Pass It On <i>ZOOM MEETING</i> Call in at (408)638-0968 Meeting ID: 825 944 5125# or go to zoom.us/join and use the same meeting ID. Password: 2020	Ruth F.: 951-202-8113	36914	LS OP	Open
12:00-1:00 pm	Glendora	What is Abstinence? <i>PHONE MEETING</i> : Call in at (605)313-6196 Access Code: 435255#	Alicia: 909-624-3102	53319	LS OP	Open
6:30-7:30 pm	Claremont	Literature Study <i>PHONE MEETING</i> Call in at (605)313-6196 Access Code: 435255#	Alicia: 909-624-3102	51333	LS	Open
Tuesdays 7:00-8:00 am	Glendora	Attitude Adjustment <i>ZOOM MEETING</i> : Call in at (408)638-0968 Meeting ID: 225 079 494# or go to zoom.us/join ID 225 079 494 Password: 543210	Stan: 626-622-5369	23873	OP NC	Open
10:00-11:15 am	Claremont	Big Book <i>PHONE MEETING</i> Call in at (605)313-6196 Access Code: 435255#	Lorraine: 951-295-0709	51025	MD BB	Open
5:30-6:30 pm	Claremont	Closed Temporarily - **see OA Phone Meetings at the end for more options.**	Alicia: 909-624-3102	29956	MD	Open
7:30-8:30 pm	Glendora	Beginners <i>PHONE MEETING</i> : Call in at (605)313 6196 Access Code: 435255#	Darryl: B:626-858-2864	53267	NC	Open
Wednesdays 7:00-8:00 am	Glendora	Attitude Adjustment <i>ZOOM MEETING</i> : Call in at (408)638-0968 Meeting ID: 225 079 494# or go to zoom.us/join ID 225 079 494 Password: 543210	Stan: 626-622-5369	23855	OP NC	Open
10:00-11:30 am	Claremont	Closed Temporarily - **see THURS NOON or OA Phone Meetings at the end for more options.**	Lorraine: 951-295-0709	56949	WW NC CNO	Open
12:00-1:00 pm	Glendora	9th Step Promises <i>ZOOM MEETING</i> Call in at (408)638-0968 Meeting ID: 540 464 134# or go to zoom.us/join and use ID: 540 464 134 Password: 543210	Rob C: 909-243-2911	49291	LS BB OP	Open
7:00-8:15 pm	Glendora	Step Study <i>ZOOM MEETING</i> Call in at (408)638-0968 Meeting ID: 825 944 5125# or go to zoom.us/join and use ID: 825 944 5125 Password: 2020	Carla C: 909 229 0547	21791	SS	Open

Meeting Directory (SGVIE) Intergroup of OA

Thursdays 7:00-8:00 am	Glendora	Attitude Adjustment ZOOM MEETING: Call in at (408)638-0968 Meeting ID: 225 079 494# or go to zoom.us/join ID 225 079 494 Password: 543210	Stan: 626-622-5369	23818	OP NC	Open
10:00-11:15 am	Claremont	Pass It On ZOOM MEETING Call in at (408)638-0968 Meeting ID: 825 944 5125# or go to zoom.us/join and use ID: 825 944 5125 Password: 2020	Ruth F.: 951-202-8113	37014	OP	Open
12:00-1:00 pm	Claremont	Voices of Recovery PHONE MEETING Call in at (605)313-6196 Access Code: 435255# TEMPORARY until Wed Noon reopens	Susan T: 909-447-0977	56949	WW NC	Open
6:30 - 7:30 pm	Glendora	A Vision 4 You ZOOM MEETING Call in at (408)638-0968 Meeting ID: 825 944 5125# or go to zoom.us/join and use ID: 825 944 5125 Password: 2020	Andie: 909-706-9180	52598	BB Study	Open
7:00-8:00 pm	Rancho Cucamonga	Closed Temporarily - **see OA Phone Meetings at the end for more options.**	Sharon C: 909-214-9241	54678	LS NC	Closed
Fridays 7:00-8:00 am	Glendora	Attitude Adjustment ZOOM MEETING: Call in at (408)638-0968 Meeting ID: 225 079 494# or go to zoom.us/join ID 225 079 494 Password: 543210	Stan: 626-622-5369	23803	OP NC	Open
12:00-1:00 pm	Claremont	For Today ZOOM MEETING Call in at (408)638-0968 Meeting ID: 760 380 396# or go to zoom.us/join and use ID: 760 380 396 Password: 543210	Pat: 909-272-0482	23866	LS OP	Open
3:00-4:00 pm	Monrovia	Closed Temporarily - **see OA Phone Meetings at the end for more options.**	Janet: 626-590-1675	53266	SS	Open
6:30 - 7:30 pm	Glendora	Closed Temporarily - **see OA Phone Meetings at the end for more options.**	Leanne: 909-344-4949	52695	LS OP	Open
Saturday 8:15-9:30 am	Glendora	Attitude Adjustment ZOOM MEETING Call in at (408)638-0968 Meeting ID: 825 944 5125# or go to zoom.us/join and use ID: 825 944 5125 Password: 2020	Georga: 626-336-3461	23784	SP/Topic	Open

OA telephone meeting (Mon-Fri) - A Vision 4 You - Big Book Study - 7:00 AM PT Live: 712-432-5210 pin 876148#;
Recorded: 712-432-5203 pin 876148#

OA telephone/ZOOM meeting Friday Night, - 6:30 pm - (408)638-0968 Meeting ID: 111 343 806# Password 303003 or meet on video online at zoom.us using the same meeting number. (Contact: Yvonne at 818-400-0414)

Legend: NC = Newcomer LS = Literature Study OP = Open Pitch SP = Speaker SS = Step Study BB = Big Book MD = Meditation
MS = Men's Stag WW = Writing ES = Espanol YP = Young Persons CO = Children OK CNO = No children

Meeting Status: *Open Meeting: Open to OA members & non OA visitors. *Closed Meeting: Restricted to those who desire to stop eating compulsively (OA members and others who think they may have a problem with food).
According to the Traditions, bylaws and policies of OA, the only requirement for OA membership is the desire to stop eating compulsively.

SAN GABRIEL VALLEY INLAND EMPIRE INTERGROUP (SGVIE) group # 09009 626-335-3355 Website: www.oasgvie.org

Skype in to SGVIE: 626-460-3937 PIN:765458896#

San Fernando Valley	818-881-4776	oasfvalley.org	San Diego	619-521-2538	oasandiego.org
Channel Islands	805-899-3250	oaciig.wordpress.com	South Bay	562-493-3030	oasouthbay.org
Foothill	626-568-7511	oafoothill.org	Los Angeles	323-653-7652	oalaig.org
Orange County	714-953-0900	oaoci.org	Region 2	916-870-1442	oar2.org
Inland Empire	951-715-2080	go2oa.org	WSO	505-891-2664	oa.org

Please submit changes to: carlacofoa@gmail.com or call 626 335 3355